

PARENT BULLETIN



Headteacher's Message

Dear all,

Although we all in the Beechwood community attempt to live by our three artefacts of Kindness, Respect and Excellence every day, this issue of the bulletin is awash with excellence!

Our young people astound me every day with their skills and resilience. They embrace all of the wonderful opportunities given to them and make me – as well as you, I am sure – very proud.

I wanted to just focus on one group here – they know who they are – who quietly make the difference every day: our food bank and REK café volunteers. They look after us all without a fuss and without reminder. I am truly humbled by their compassion and drive to improve our community.

Talking of those who make a difference, my tea party with the 'Golden e' students last week was extra special as many parents also joined us. Thank you to those who attended; it was a lovely end to the week.

If you are struggling to provide a new warm school coat for your child, please let us know as we have in some ready to give out. Should you need one, please let us know by contacting Lindsey Hicks at headspa@beechwood.slough.sch.uk.

Please remember the start back date of Tuesday 7th January for all students.

Attendance to school is essential for a child's wellbeing as well as their academic success. We are happy to support with any issues; please make contact if you have a concern.

Lastly, it just remains for me to wish you a safe, happy and restful break and a joyful start to 2025.

Kind Regards

Anita Spires - Headteacher

Key Dates

Spring Term Dates 2024-25

Tuesday 7th January 2025

First day of Spring Term 1 –
All students

Monday 13th January 2025

Sixth Form Trip to Oxford
Brookes University

Thursday 16th January 2025

Sixth Form Trip to Price
Waterhouse Cooper

Thursday 16th January 2025

Year 11 and Year 13 Parents
Evening

Thursday 23rd January 2025

Year 9 MFL Trip to the British
Film Museum, London.

Tuesday 28th January 2025

Knife Crime Awareness
Assemblies

Tuesday 28th January 2025

TVLP Philosothon Event
(Years 11-13)

Thursday 30th January 2025

KS3 Prize Giving Evening
(Invitation Only)

Supporting our students



Attendance at school is the biggest indicator of academic success.

As a school, we will continue to do all that we can to support you to achieve this. Please contact us if you have any concerns - the sooner the better.

For clarity, this year we will be looking at **days absent** rather than just as a percentage.

The government defines **persistent absence(PA)** as **less than 90% attendance** to school.

That is the same as a child having **19 days off** across a year.

Which is the same as a child having more than **3 days off school per term** (3 days over 6 terms = 18 days)

Therefore, **each term** we will monitor as follows:

			Immediate risk of PA this term	Now PA for this term
STAGE 1		STAGE 2	STAGE 3	STAGE 4
1 day off this term		2 days off this term	3 days off this term	4+ days off this term
Day 1 absence contact: attendance officer		Day 1 absence contact: attendance officer	Day 1 absence contact: attendance officer	Day 1 absence contact: attendance officer
		2 day absence warning contact sent: attendance officer	Day 3 absence 'risk of PA contact	Day 4+ absence 'risk of PA' letter 1 sent: EWO

Attendance Officer = Mrs Rehal

DDOS = Deputy Director of Studies - Yr 7 - Miss Best; Yr 8 – Miss Purchase-Hughes; Yr 9 - Mrs Phillips-Allen; Yr 10 - Ms Justice; Yr 11 - Miss Stephenson; Yr12 & 13 - Miss Milner

EWO = Education Welfare Officer

If attendance for any child does not improve at stage 4, support from external agencies will be sought.

Please also remember that **late to school** also counts as an absence for that morning session and will add to each child's days of absence for that term.

In addition, **holidays in term time** will **not** be authorised and any time taken will be recorded as unauthorised on your child's attendance record and count towards their days of absence.

If you are unsure if your child should be in school, please contact the attendance team for advice - attendance@beechwood.slough.sch.uk

Many thanks for your continued support.

RESPECT • EXCELLENCE • KINDNESS

A reminder: If your child is too unwell to be in school, please ensure you report your child's absence every day of the absence period, by calling the **attendance line on 01756 787293** and leaving a message, **text to 07786 201170** or email **attendance@beechwood.slough.sch.uk**.

Please note that an appointment does not necessarily require a full day off school. Your child must attend school, before and after an appointment, if it is during the middle of the school day. We encourage appointments to be made at the very start or very end of the school day, to minimise disruption.

Please encourage your child to be at school on time. Punctuality matters and students should be ready for roll call at 08:40am. Registration closes at 9am and a child arriving after this time, without medical proof, will receive an unauthorised mark for the morning session. Attendance is also important for each lesson throughout the day and all students should attend their lessons on time.

Thank you for your continued support.

SUPPORTING GOOD ATTENDANCE ...

There are common colds and coughs around at the moment. Below are the expectations we have at Beechwood and guidance on whether your child should be in school or not:

Common illnesses:

Cough/Colds/Heyfever – Your child can come to school. Please give your child paracetamol or antihistamine medication and encourage them to drink plenty of fluids.

High Temperature – Your child should remain home until their fever goes away. If the temperature continues for five days or more, seek medical advice.

Conjunctivitis – Your child can come to school. Please encourage hand washing regularly to prevent spread of infection.

Headache, earache and stomach ache – Your child can come to school. Just let staff know they have felt unwell and we will keep a close eye on them. Give your child paracetamol and plenty of fluids to drink.

Period Pain – Your child can come to school. Give paracetamol. Should your child need sanitary products whilst in school, they can go to the first aid room, where products are available.

Diarrhoea and Vomiting – If your child is suffering with diarrhoea or vomiting, they should be kept off school for 48 hours, following the last bout of illness.

Sore throat, tonsillitis and glandular fever – Your child can come to school. Give your child paracetamol and plenty of fluids to drink.

More information is available regarding further illnesses and what to do by following the below link:
<https://frimley-healthiertogether.nhs.uk/parentscarers/child-unwell-ok-go-nurseryschool>

RESPECT • EXCELLENCE • KINDNESS

MEET THE BEECHWOOD TEAM... We hope to introduce a member of our school community through each issue of our Parent Bulletin. This week, we introduce **Sajmir Prushi**.



I am pleased to introduce myself in this issue of the Parent Bulletin. My name is Sajmir Prushi and I am now the PE teacher at Beechwood School.

I have been teaching for 5 years and have worked as a football coach in academy since the age of 18. I grew up in London Twickenham and Richmond area and went to the University of Roehampton to complete my degree in Sports Coaching.

For the past 5 years, I have worked at a school in the Twickenham, Richmond area, to further develop my teaching skills. I have now finished my Masters at St Mary's University in Sports Coaching MSc.

MONEL JOHNSON – A RISING STAR IN ICE HOCKEY

We are incredibly proud of Monel Johnson from 7JSU, who has made it onto the England Ice Hockey Team U12s, with the prestigious Power of 12 programme. Monel will be travelling to Slovakia in January, to compete in an international tournament and we wish him and his team every success. **CONGRATULATIONS to Monel on this outstanding accomplishment!**



RESPECT • EXCELLENCE • KINDNESS

ESSENTIAL FOOD BANK ITEMS

We have essential foods and toiletries available to families who may need a little support.

If you feel a food and toiletries parcel would help you, please get in touch with our main reception and they will liaise with our designated team to ensure you are able to collect your parcel.

Every request is dealt with sensitively and in confidence.

Please don't hesitate to get in touch – help is there for you.



VISITING THE SCHOOL

Can we please ask that parents/carers call ahead and make an appointment before coming up to the school and asking to see a member of staff?

The reason we ask this, is so we can ensure the member of staff is available to see you when you arrive, as unfortunately, it is not always possible for staff to meet parents/carers, due to after school meetings, training or other commitments.

We want to be able to support in every way we can and understand there may be times when you need to speak to a teacher or school leader about issues relating to your child and we appreciate it can be frustrating when that staff member is unavailable to meet you.

So that we can ensure the staff member if available to see you and give you the time and attention needed to fully support you and deal with your enquiries / concerns, please always call ahead to make an appointment. *Thankyou for your understanding and support.*

SAFEGUARDING OUR STUDENTS AND STAFF

Safeguarding our students and staff is at the centre of everything we do at Beechwood.

We want to share vital information with you, to help you ensure your child(ren) are safe.

If you have any concerns about your child, please don't hesitate to contact Mr Mike Gaffin, our Designated Safeguarding Lead, or any member of his Safeguarding Team.



Miss Anita Spires
Headteacher



Mr Mike Gaffin
Assistant Headteacher
Designated Safeguarding
Lead (DSL)



Ms Stephanie Curl
Deputy Designated
Safeguarding Lead (DDSL)



Ms Alison McEvoy
Associate Senior Leader
Deputy Designated
Safeguarding Lead (DDSL)



Miss Melita Milner
Deputy Designated
Safeguarding Lead (DDSL)



Mrs Angeline Healy
Deputy Designated
Safeguarding Lead (DDSL)

ALL STAFF ARE HERE TO HELP YOU FEEL SAFE AND SUPPORTED

If you feel unsafe, or have any concerns about another person's safety or welfare, you can speak to any member of staff including anyone on our Safeguarding Team.

You can also reach our Safeguarding Team by emailing your concerns to:

childprotectionconcerns@beechwood.slough.sch.uk

To provide an exceptional educational experience for all where potential is nurtured and responsible citizens created.

SPOTLIGHT ON SPELLING BEE STARS: Patricia and Julia Shine Bright!

This November, the Windsor Boys School hosted an inspiring French and Spanish Spelling Bee Competition, bringing together students from nine schools across the region. Schools that participated were from both the private and public sector and included selective grammar schools and Eton College. Among the highlights were the outstanding performances of Patricia Kijek and Julia Baisan, two talented students from Beechwood School.

Patricia triumphed as the **winner of the Spanish Spelling Bee**, showcasing not only her impeccable spelling but also her dedication to mastering a modern language. Reflecting on her journey, Patricia shared, *"Winning was such an amazing moment. I've learned so much from preparing for this competition, and I'm excited to use Spanish in my future studies and travels."*

Meanwhile, Julia proudly represented Beechwood in the **French Spelling Bee Final**, competing against a field of skilled participants. Julia described her experience as *"incredible and motivating,"* adding, *"The competition was tough, but it's inspired me to keep pushing my French skills further."*

The competition aimed to highlight the value of language learning, featuring a panel of inspiring speakers from Holloway University and Windsor Boys' PGCE program. Between rounds, participants were treated to cultural delights, including a buffet of French and Spanish food prepared by Windsor Boys' Food Tech department.

Patricia and Julia's achievements reflect the hard work and dedication of Beechwood's language students. They now look forward to seeing their accomplishments featured in a local magazine, celebrating their journey and encouraging others to explore the world of languages.

Congratulations to Patricia and Julia, as well as all the finalists, for making this event such a memorable success!



Celebrating EMPOWERMENT at Headteacher's E Badge Afternoon Tea

Parents and Carers joined our Headteacher, Anita Spires and some of her staff, last Thursday, to celebrate their child being awarded a **Golden E Badge** in school. Each child has been recognised for their exceptional efforts and achievements at Beechwood School. The badge is a mark of excellence and dedication, and we are incredibly proud to have been able to award them with it.

It is hoped that more children will achieve the Golden E Badge over the coming academic year and beyond and that we will have the opportunity to open our doors for further celebrations in the future.

Thank you to everyone who attended the Headteacher's Afternoon Tea.



Supporting our students

THERE'S ALWAYS SOMETHING TO GET INVOLVED WITH IN THE ALC...



SLOUGH FOODBANK HELPING LOCAL PEOPLE IN CRISIS

We are continuing to collect for the Slough foodbank, to help those families in crisis.

If you are able to support, please ask your child to drop any donations up to the ALC.

Our next delivery will be the end of this week.

Thankyou



What's on in the ALC?

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school	Breakfast club 7:30-8:20am	Breakfast club 7:30-8:20am	Breakfast club 7:30-8:20am	Breakfast club 7:30-8:20am	Breakfast club 7:30-8:20am
Break	Craft club/Games	Craft club/Games	Craft club/Games	Craft club/Games	Craft club/Games
Lunch	Craft Club	Board games	Board games	Craft club	Craft club/ Mindful coloring
After school	Homework support club 3:10-3:30pm	Homework support club 3:10-3:30pm	Homework support club 3:10-3:30pm	Homework support club 3:10-3:30pm	Homework support club 3:10-3:30pm

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If your child needs a bit of inspiration for finding their next great read, why not check out the following recommended books from our ALC...



FRENCH PEN PAL PROGRAMME

Connecting Through Language: Our French Pen Pal Program

We are thrilled to highlight the exciting and enriching Pen Pal Program between our students and their counterparts at Le Collège Léon Blum de Wingles in France. This year, students have the unique opportunity to practice their French writing skills by exchanging emails with their pen pals. Not only does this allow them to apply their language learning in a real-world context, but it also helps build meaningful connections between students from different cultures.

Through their communication, students share about their lives, interests, and experiences, while learning about life in France from their pen pals. This exchange offers valuable insight into the French language, customs, and traditions, all while fostering a sense of global community.

We are excited to see our students' confidence grow as they navigate the joys and challenges of communicating in French, and we look forward to continuing this rewarding partnership with Le Collège Léon Blum de Wingles.

Celebrating Creativity

The Wizard of Oz

This term saw Beechwood start to prepare and perform our whole school production of 'The Wizard of Oz'. We had students from all years involved.

Young Dorothy Gale and her dog Toto are swept away by a tornado from their Kansas farm to the magical Land of Oz and embark on a quest with three new friends to see the Wizard, who can return her to her home and fulfil the others' wishes.

I am, as always, very proud of the standard of performance from my cast. It is amazing to see the incredibly strong talent and work ethic of our amazing students.

Thank you to all the parents, carers, staff and students for making this production such a success.

Mrs D Dadak – Head of Drama & Performing Arts



Supporting our students

Drama and Performing Arts

Another very busy year, with some exceptional highlights which I am keen to share.

TVLP ACTING FOR TV AND CAMERA WORKSHOP

Year 10 GCSE Drama students at Beechwood had the opportunity to visit Herschel as part of the Thames Valley Learning Partnership, to meet Endy McKay, an experienced actress, to get some experience in front of the camera, build a basic foundation and see what it could be like on set if we ever got into the film industry, which was very exciting!

We began with a couple of exercises that included eye contact and the power of observing. However, by far, my favourite warm-up was the bean-bag tussle. This simple, but effective exercise enabled us to relax and become more open to others, whilst still being aware of what was happening around us, a skill an actor will need in order to be successful! Every two minutes another bean bag was added; at one point we had 5 going on around us at the same time for about a minute continuously!

We were given scripts to work on. We discussed how important it was to acknowledge and understand the time and place and the situation you are in in a specific scene, because you can infer a lot about your character. Finally, once we had a play around and had a decent grip with our ideas we wanted to perform, we were all assigned roles. We were given the choices of being a director, assistant director, camera person, set design, audience member, actor and much more. We spoke about the importance of each role, what they do, how to do certain things as well, that I'm sure many of us couldn't do before the trip.

Before we knew it, it was the end of our time at the workshop and we asked a few of questions to Endy McKay and sought information about the industry.

I personally enjoyed this experience very much, I would definitely go to another workshop like this! If there was one thing I could critique on, I would mention longer timings, because we only stayed for an hour and a half, time went by with haste. But overall, I speak for the rest of our GCSE class, that we are very grateful for this experience!

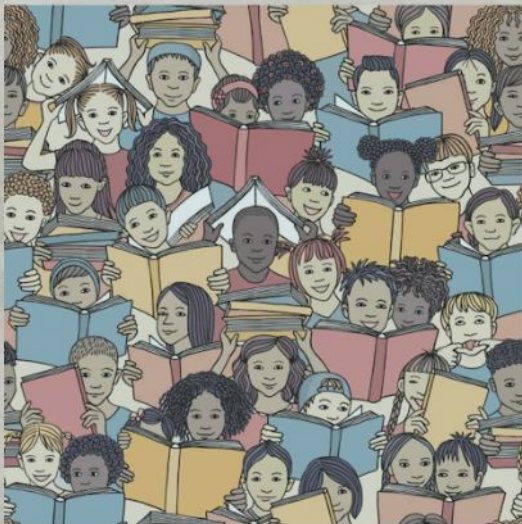
Kornelia Pietka



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GLOBAL LITERATURE EXPLORATION CLUB

GLOBAL LITERATURE EXPLORATION CLUB



ARE YOU READY TO EXPLORE THE VIBRANT WORLD OF LITERATURE?

Join the Global Literature Exploration Club at Beechwood School this Spring! Discover diverse poetry and short prose, enhance your reading and writing skills, and engage in creative discussions. From writing workshops to open mic sessions, immerse yourself in global perspectives while building a vibrant literary community.

FOR MORE INFORMATION, CONTACT MR CABRAAL (OCA).



Learn to write poems and prose, get them published in an e-magazine, and perform your work at an open mic event for the school community!

**EVERY MONDAY
FROM 3.15PM -
4.00PM IN G7.**



Did you know that Slough is one of the most ethnically diverse areas in England, with 64% of its population coming from ethnic minority backgrounds? At Beechwood, we celebrate this diversity! It makes our community stronger, more respectful, and more empathetic.

When we think of English literature, we often think of Shakespeare and Dickens. Their works have gifted us some of the best-loved stories and countless words of the English language.

However, literature is not confined to them alone. At Beechwood, we encourage and appreciate literature from diverse voices. In addition to Shakespeare and Victorian writers, we read poetry from various cultures and non-canonical texts.

Reading poems and short stories from different cultures offers many benefits.

These include broadening ones understanding of global perspectives, fostering cultural appreciation and respect, enhancing empathy by providing insight into diverse human experiences, and expanding knowledge of different traditions, values, and worldviews.

It also helps celebrate students' heritage, challenge preconceived notions, encourage open-mindedness, and promote a deeper connection to the universality of the human condition.

In the newly established Global Literature Exploration Club, students will not only read poems and short stories from around the world, but they will also have the opportunity to write their own. They'll be encouraged to respond to the texts we read, emulate forms and structures, and reflect on their own experiences with similar themes.

To conclude the programme, we will host an open-mic event and publish an e-journal at the end of the academic year. These initiatives will provide excellent opportunities for students to showcase their work and interests, while also allowing the school to celebrate both our students and the wider community.

If this sounds like an activity your son or daughter would like to take part in, please encourage them to come along to G7 at 3:15 p.m. on Monday, 13th January 2025.

Celebrating our Students

Slough Youth Awards 2024

Nine years ago, the first Slough Youth Parliament (SYP) created the Slough Youth Awards to highlight the great things our youth do locally. They wanted to shine a spotlight on those who have overcome and contributed in impressive ways. Now supported by the Youth Voice Team and a standing part of Slough Youth Parliament's manifesto, the awards help to recognise and celebrate the amazing achievements of Slough's youth.

For this year's awards there were 76 nominations and 138 people in attendance on 22 November at Lynch Hill Enterprise Academy.

The event kicked off with a speech from MP Tan Dhesi, highlighting all the positive work in the community done by young residents, and applauding the personal challenges many have overcome in their lives to go on and succeed at personal goals.

Our keynote speaker was Sara who shared her story of unexpected challenges and personal loss, whilst searching for a meaningful way to move forward with her life, started volunteering with Sakoon Through Cancer as a young cadet, and then started her path to medical school.

Two of the nominees gave a DJing performance on the night, Avion Richardson and Fabian Richardson.

Hosting the awards were Junior Jonski, chair of SYP, and Rijuta Acharya, our local representative on the UK youth parliament. The awards were planned and delivered by members of Slough Youth Parliament, Slough Young Inspectors, and the Youth Voice team at Slough Borough Council.

'Reach Out' a short mental health film was also shown during the ceremony – a film made by Young Health Champions volunteering with Together As One and professionals from Resource Productions, delivered for the Frimley Integrated Care Board.

Alongside this year's sponsors, Sakoon Through Cancer, Asian Star Radio, Salt Hill VR, Thrive 365, Cardo, Quadrin Group; we congratulate 2024's Slough Youth Award Winners:

- Making A Difference Award 2024 Winner

In addition to Fabian providing the entertainment. We nominated three students for the Making a Difference Award

Sam Allen - for support he gives Breakfast Club and Student Services

Maja Bisaga and Sophie Lindford for their work in setting up the Foodbank and running it last year



To provide an exceptional educational experience for all where potential is nurtured and responsible citizens created.

YEAR 9 ATTEND SEGRO FINALS

Earlier this month, a select group of Year 9 students were invited to participate in the SEGRO School Challenge Grand Final at the UK & EU SEGRO offices, on the trading estate in Slough.

They all did incredibly well, but were pipped to first place by Herschel Grammar on this occasion. We are all so very proud of their hard work and commitment. Each student received gift cards and certificates for doing so well.



To provide an exceptional educational experience for all where potential is nurtured and responsible citizens created.

Children in Need Continental Breakfast

We are delighted to share the success of our Children in Need Day Continental-style breakfast held at the ALC. Thanks to the generosity and support of our school community, we raised just **over £150** for this fantastic cause. *A big thank you to everyone who took part!*



YEAR 12 TRIP TO PRICE WATERHOUSE COOPER

On 19th of November 24 students from Year 12 were granted the opportunity to visit the PwC in Reading and meet three amazing people from PwC, who each had different journeys and stories to tell. The students were introduced to different career pathways and apprenticeships during their visit.

"it was really interesting and gave us a real feel of the office environment" Kem.

"it provided great information for my future based on finances" Jack.

"PwC provided great information I can use to decide my future" Dean.



10 Top Tips for Parents and Educators

SAFETY OVER THE FESTIVE SEASON

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

1 MONITOR DIGITAL ACTIVITY

Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Balancing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

2 PRACTICE FIRE SAFETY PROTOCOLS

The incidence of house fires increases during Christmas due to greater use of candles, cookers and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

4 BEWARE OF ALLERGIES

Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labeling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations.

5 PREVENT THE SPREAD OF ILLNESS

Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

6 STAY VIGILANT ON THE ROAD

Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

7 MAINTAIN SAFE DECORATIONS

Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce risks.

8 SET BOUNDARIES FOR GIFTS

Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age-appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

9 ADDRESS STRESS & FATIGUE

Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

10 DRINK RESPONSIBLY

Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front of children ensures that celebrations remain positive and secure.

Meet Our Expert

James Whelan is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.



The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/safety-over-the-festive-season>

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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HUB SLOUGH

ALLIES+ FORUM

Do you know LGBTQ+ young people but aren't sure how to support them?

Come along to our quarterly allies' meet-ups in central Slough, where you can hear speakers from specialist charities, chat to people with lived experience from the LGBTQ+ community and network with others in similar situations – all for FREE!

WHO'S IT FOR?

To be an ally, you don't have to be a member of the LGBTQ+ community yourself – you might have a child, sibling, friend or colleague who is, or you may be someone who works with young people.

JOIN US!

Check out our website via the QR code or email us to come along to our quarterly gatherings at hello@brighterfuturestogether.org.uk



 @brighterfuturestogethercic





We have just released another 2 new dates for our workshops.

ADHD Teens

Hosted by Parenting Special Children: Exploring the challenges and concerns, strengths and opportunities. Supporting our teenagers through change and managing risks. Identity, Self-Esteem, Independence and Responsibility. Staying Connected - Communication and Relationships.

ADHD SUPPORT

Parents & carers of secondary school aged children. Suitable for parents & carers who have previously attended ADHD courses.

Online: Thursday 27th March 2025 - 7pm - 9pm

Booking link : <https://parentingspecialchildren.co.uk/events/teens-and-adhd-berkshire-east-mar-2025/>

Sleep - Autism & ADHD

Hosted by Parenting Special Children: The workshop will cover: Children's sleep cycles and sleep needs, The reasons behind night settling and night waking, Strategies to feel less stressed when sleep training, new parenting strategies for settling your child to sleep, and staying asleep.

AUTISM and or ADHD

For Parents & carers of pre school, primary & secondary school aged children.

Online: Wednesday 5th February 2025 - 7 - 9pm

Booking link : <https://parentingspecialchildren.co.uk/events/sleep-autism-adhd-berkshire-east-feb-2025/>

Please note that these workshops are hosted by Parenting Special Children but funded by GEMS, you will need to create an account with Parenting Special Children using the links provided.

NEW OPPORTUNITIES FOR JANUARY



ADULT SWIMMING SESSIONS

LEARN TO SWIM AND IMPROVE CONFIDENCE,
MASTER NEW TECHNIQUES, IMPROVE FITNESS
OR GET READY FOR A PERSONAL CHALLENGE
SUCH AS IRONMAN OR OPEN WATER.
ALL ABILITIES WELCOME.



STAGE 8 LEARN SYNCHRO SESSIONS

HAVE FUN BEING CREATIVE AND ARTISTIC.
WORK AS PART OF A TEAM. DEVELOP
STRENGTH, FLEXIBILITY, COORDINATION AND
STAMINA.
OPEN TO SWIMMERS STAGE 4+.



CLASSES AVAILABLE WEEKDAY EVENINGS

To find out more contact

info@letsdivein.co.uk





www.letsdivein.co.uk

NEW!
**LEARN TO SWIM, SWIM
SQUADS AND SYNCHRO
SESSIONS**
**BEECHWOOD SCHOOL,
SL2 1QE**

NEW TERM TIME LESSONS STARTING 11TH JANUARY.
SATURDAYS FROM 11AM
WEDNESDAYS 4.30PM ONWARDS
5 -16 YEAR OLDS, ALL LEARN TO SWIM STAGES



**info@letsdivein.co.uk or register using QR
code and select your option**



SCAN ME

10 Top Tips for Parents and Educators EDUCATING CHILDREN ON SPENDING AND SAVING

Evidence shows that children's spending habits begin to form as early as seven years old. With primary schools in England not required to teach financial literacy, many young people are reaching adulthood without knowing the basics of budgeting. This guide explains how to teach young people about money in a practical way, giving them the understanding to become savvy spenders and savers.

1 PROVIDE POCKET MONEY

Giving children money – even a small amount – can help them learn to make their own budgeting decisions about how to spend or save it. Research shows that youngsters who receive pocket money are more likely to become adults with strong financial skills and significantly less debt.

2 USE A PREPAID CARD

Being able to pay by card is essential these days, with some retailers not accepting cash since the pandemic. Prepaid debit cards are available for children from the age of six, allowing them to get used to spending like they will as adults with no risk of dipping into an overdraft. Learning about money is like learning to swim – you need to get in the pool and have a go!

3 PRACTISE BORROWING

Although official borrowing is only available to over 18s, kids need to understand how debt and interest works before they become adults and are exposed to credit cards or 'buy now, pay later' schemes. For a safe means of teaching them about this, parents could offer them extra pocket money but explain that it needs to be paid back by a certain date, plus an extra couple of pounds as interest.

4 ENCOURAGE OPEN CONVERSATION

Chatting about money and how much things cost will teach children that finance is a part of everyday life and not some 'scary adult thing'. Parents can involve them in budgeting for the weekly shop, for example, working together to get everything on the list while keeping the total below a certain number. Letting young ones make spending decisions in a safe space can build up their confidence regarding money.

5 DISCUSS THE PRESSURE TO SPEND

Whether it's YouTube ads or a hint of envy at a friend's recent purchase, spending triggers are everywhere. Encourage children to notice how clever shop design (like placing sweets at the checkout) and offers such as '2 for 1' deals entice us to spend more. Challenge them to resist impulse buys by getting them to sleep on it before deciding to spend.

6 TELLING 'NEED' FROM 'WANT'

Learning how to prioritise spending is an important life skill: the difference between life's essentials and 'nice to haves' is key to budgeting. If children pester you for treats while shopping, it's the perfect time to say "That's a want. We're getting our needs first." You could show how you budget for food, electricity and so on before buying fun things.

7 ENCOURAGE SAVING

Getting children saving early can set them up with a useful habit for their adult life. Suggest that they set something aside every time they receive money and help them set a target for how much to put away, so they feel motivated to continue. For example, encouraging them to save for a friend's birthday gift can get children much more invested in what they buy.

8 SPARK INTEREST IN INTEREST

Motivate children by telling them about interest; you can describe it as a reward for saving money. Explain how everything they put away will grow over time. As an exciting example, explain that if doubled every day for a month would amount to approximately £10 million. Some prepaid cards for young people also offer interest; parents and carers could also add a little to supplement what their child saves and show how it works.

9 PAYING FOR CHORES

This is a complex debate with no right or wrong answer: it depends on what works for each individual family. However, it can be one of the best ways to teach children that money needs to be earned and helps to create more mindful spenders. If parents aren't keen on paying for everyday chores, they could ask the children to suggest their own ideas for earning a little extra.

10 PROTECT CHILDREN FROM SCAMS

Scams are a terrifyingly easy way to lose money, and children are generally more likely to be taken in due to a lack of experience with these financial criminals. As a minimum, make sure they're aware of the most common scams they could be exposed to – by text, email and phone, for instance. Young people should tell a trusted adult about any unexpected message or call and never give out their personal information.

Meet Our Expert

GoHenry is a prepaid debit card and financial education app with a mission to make every young person smart with money. Co-founder and CEO Louise Hill is a passionate campaigner for better financial literacy among school children and strongly believes that money management is a crucial life skill.

goHenry

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The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/spending-and-saving/>

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